

WHAT IS CLAIMED IS:

1. A dietary supplement comprising an aminosaccharide, a ginger component, and an enzyme.
2. The dietary supplement of claim 1, wherein said aminosaccharide is an aminosaccharide salt.
3. The dietary supplement of claim 1, wherein said aminosaccharide is glucosamine.
4. The dietary supplement of claim 1, wherein said aminosaccharide is glucosamine hydrochloride, glucosamine sulfate, glucosamine phosphate, glucosamine lactate, or glucosamine dodecanoate.
5. The dietary supplement of claim 1, wherein 300 mg to 3000 mg of said dietary supplement is said aminosaccharide.
6. The dietary supplement of claim 1, wherein 1000 mg to 2000 mg of said dietary supplement is said aminosaccharide.
7. The dietary supplement of claim 1, wherein said ginger component comprises ginger oil.
8. The dietary supplement of claim 1, wherein said ginger component comprises gingerroot or gingerroot extract.
9. The dietary supplement of claim 1, wherein 50 mg to 10 g of said dietary supplement is said ginger component.
10. The dietary supplement of claim 1, wherein 100 mg to 500 mg of said dietary supplement is said ginger component.

11. The dietary supplement of claim 1, wherein said enzyme is selected from the group consisting of bromelain, papain, fungal proteases, acid stable proteases, neutral stable proteases, and alkaline stable proteases.
12. The dietary supplement of claim 1, wherein 50 mg to 10 g of said dietary supplement is said enzyme.
13. The dietary supplement of claim 1, wherein 1000 mg to 2000 mg of said dietary supplement is said enzyme.
14. The dietary supplement of claim 1, wherein said dietary supplement is in the form of a tablet, a powder, or a liquid.
15. The dietary supplement of claim 1, wherein said dietary supplement comprises at least two different enzymes.
16. The dietary supplement of claim 1, wherein said dietary supplement comprises a green tea extract.
17. The dietary supplement of claim 16, wherein 50 mg to 2000 mg of said dietary supplement is said green tea extract.
18. The dietary supplement of claim 16, wherein 100 mg to 1000 mg of said dietary supplement is said green tea extract.
19. The dietary supplement of claim 1, wherein said dietary supplement reduces pain, stiffness, or inflammation in a mammal.
20. The dietary supplement of claim 1, wherein administration of said dietary supplement to a mammal reduces pain, stiffness, or inflammation in said mammal within four hours of said administration.

21. The dietary supplement of claim 1, wherein daily administration of said dietary supplement to a mammal for at least two weeks reduces pain, stiffness, or inflammation in said mammal.
22. A dietary supplement comprising:
 - (a) at least about 1500 mg of a glucosamine salt,
 - (b) at least about 175 mg of a ginger extract,
 - (c) at least about 125 mg of a green tea extract, and
 - (d) at least about 50 mg of bromelain.
23. A tablet comprising:
 - (a) at least about 500 mg of glucosamine hydrochloride,
 - (b) at least about 60 mg of a ginger extract,
 - (c) at least about 20 mg of a green tea extract, and
 - (d) at least about 20 mg of bromelain.
24. A method for reducing pain, inflammation, stiffness, or discomfort in a mammal, said method comprising administering a dietary supplement, to said mammal, in an amount effective to reduce said pain, inflammation, stiffness, or discomfort, wherein said dietary supplement comprises an aminosaccharide, a ginger component, and an enzyme.
25. The method of claim 24, wherein said aminosaccharide is glucosamine.
26. The method of claim 25, wherein said mammal receives a daily dose of said glucosamine, said daily dose being between 2 mg/Kg and 20 mg/Kg of body weight of said glucosamine.
27. The method of claim 24, wherein said ginger component is ginger oil.

28. The method of claim 27, wherein said mammal receives a daily dose of said ginger oil, said daily dose being between 25 mg/Kg and 50 mg/Kg of body weight of said ginger oil.